



**Creative Juices
Consulting**

No-Bake Energy Bites

1 cup organic oats
½ cup dark chocolate chips
½ cup all natural peanut butter (no salt added)
½ cup ground flaxseed
1/3 cup local raw honey
1 tsp vanilla

Mix all the ingredients by hand until blended then roll into 1 inch balls to serve. These can be frozen for longer storage. Frozen bites can be great snacks for long hikes or lunch boxes.